



RED CROSS LIFEGUARDING CLASS – July 2010

PREREQUISITE (Student will be tested for following skills):

Minimum age: 15 (must provide proof of age on first day of class).

- Swim 300 yards continuously using these strokes in the following order:
 - +100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - +100 yards breaststroke.
 - +The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

PLEASE NOTE: Students should wear appropriate swimwear for performing rescues in the water; no bikini type swim suits.

CLASS FEE - \$160.00. This fee includes the **American Red Cross Lifeguard Training manual** and a **pocket mask breathing barrier**. Register at the Rochester Recreation Center office, on-line at www.rochestermn.gov – (go to on line services) or by calling 507-328-2500. Visa, Discover and MasterCard are now accepted. Class size is limited.

CLASS DATES/TIMES: July 19th - 23rd (8:30 a.m.-3:30 p.m.)

Meet at the Recreation Center at 8:30 a.m. on July 19th in the Bob Fick Room.

Class sessions are all at the Recreation Center except for **July 21st** where you will meet at the **Red Cross office**, 310 14th Street SE , Rochester.

LIFEGUARD TRAINING CLASS WILL QUALIFY INDIVIDUAL TO WORK IN A POOL SETTING - NOT OCEAN OR SURF BEACH.
COURSE OF INSTRUCTION ESTABLISHED BY **AMERICAN RED CROSS**